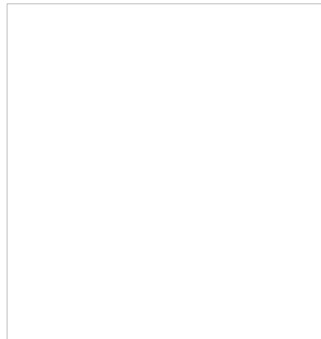# Benefits of Learning Meditation

By the Venerable U Vimalaramsi

Here are some of the benefits that you may have from practicing meditation on a regular basis. There is no doubt in my mind that Meditation has a very clear ability to improve our daily lives.

Remember.
A change in your life can begin with a just a ☐. Send it to yourself in the mirror and to others every day. It's cheap. It's fun. It effects the world around you. Hey! It's free! right?
Always Remember:

"What you think and ponder on will be the inclination of your mind!"

Khanti-Khema

Some of the Benefits you may obtain from the practice of meditation are:

- Marked stress reduction
- Higher self-esteem
- Improved concentration
- Increased productivity
- Clarity of mind -resulting in less knee jerk actions and more responses.
- More positive thinking
- Better relationships
- A sense of youthful happiness - reclaiming of the wonderment of life (childlikeness). Fun.
- Openness to life - reclaiming some of the wonderment of living life as you stay in the present moment.
- Reduced dependency on alcohol or other drugs or desire to stop altogether and to see what is real and genuine- experiencing the value of a clear mind.
- At the deeper levels of meditation the blood sometimes cleans itself and you can heal the body more easily.
- A significant lessening of Depression as we discover how mind really works...how depression occurs and how to get uncaught by it.
- Become kinder to yourself.
- Become kinder to others.
- Developing an inner strength.

- Reduction in mental chatter, busy mind, monkey mind! Better focus.
- Marked improvement with sleeping and the advantages of good sleep.
- Easy and happier rising in the morning. Not foggy minded anymore.
- An ease of dealing with previously difficult situations. a new formula, new perspective for approaching things.
- Achievement of your goals becomes easier and more natural and enjoyable again.

Source : http://www.dhammasukha.org

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